

STEP IT UP! Any ACTIVITY Counts!

Competition Categories



Category	Weekly Goal	8 Week Goal
<p>Cascades Park and surrounding area</p> <p>(Just getting started)</p> <p>Discover Cascades</p>	<p>Daily Individual Goal: 5,000 steps 4 days per week</p> <p>Weekly Individual Goal: 20,000 steps</p> <p>Weekly TEAM Goal: 80,000 steps</p>	<p>Ultimate 8 week team goal:</p> <p>640,000 steps (320 miles)</p> <p>The easiest way to walk more is to make walking a habit! Make walking fun by going to places you enjoy!</p>
<p>Lafayette Heritage Trail Park</p> <p>(intermediate)</p> <p>Tallahassee Parks</p>	<p>Daily Individual Goal: 10,000 steps 5 days per week</p> <p>Weekly Individual Goal: 50,000 steps</p> <p>Weekly TEAM Goal: 200,000 steps</p>	<p>Ultimate 8 week team goal:</p> <p>1,600,000 steps (800 miles)</p> <p>Thinking about adding more physical activity to your day? Bicycling can be a great way to get more active.</p>
<p>Miccosukee Greenway</p> <p>(advanced)</p> <p>Find a trail</p>	<p>Daily Individual Goal: 15,000 steps 6 days per week</p> <p>Weekly Individual Goal: 90,000 steps</p> <p>Weekly TEAM Goal: 360,000 steps</p>	<p>Ultimate 8 week team goal:</p> <p>2,880,000 steps (1,440 miles)</p> <p>Opportunities Abound for Moving Around! Get Active, Wherever You Are!</p>

Light physical activity averages approximately 100 steps per minute

Moderate physical activity averages approximately 150 steps per minute

Vigorous physical activity averages approximately 200 steps per minute

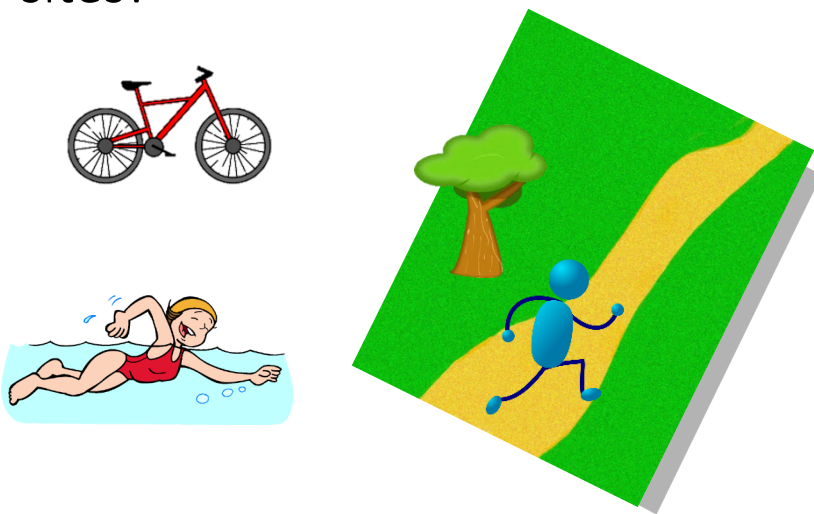
[activities.html](#)

STEP IT UP!

GET ACTIVE! BE HEALTHY!

SIGN UP! There are only 4 members per team. Make sure to register your team captain and members online!

Choose a Competition Category! The destinations are only recommendations. You can choose to get active anywhere! Gyms, Parks, or neighborhoods are perfect active sites!



REMINDER!
ANY ACTIVITY THAT
GETS YOU MOVING
COUNTS!

Track your steps/miles/time! *THERE ARE MANY FREE APPS AVAILABLE TO TRACK HOW MANY STEPS OR MILES YOU WALKED EACH DAY. SEE THE IPHONE FOR FURTHER INSTRUCTIONS.*

